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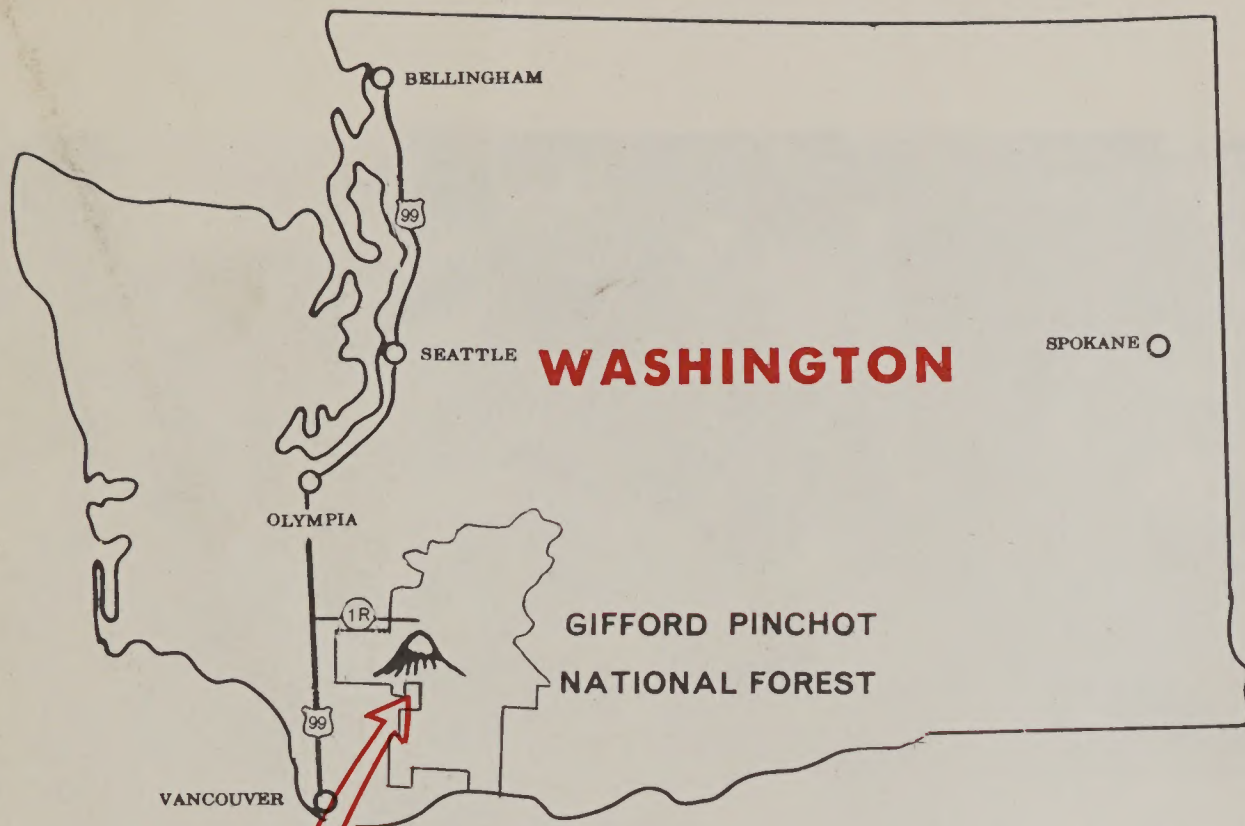
C. & R. PREP

**Recreation Guide**  
*Spirit Lake & Mt. St. Helens*

**GIFFORD PINCHOT NATIONAL FOREST**













1. Keep calm. Do not walk aimlessly. Trust your map and compass. Shelter and warmth are much more important than food.
  - a. To find your position, climb to a place where you can see the surrounding country.
  - b. When you reach a road, trail or telephone line, follow it. As a last resort, follow a stream downhill.
  - c. Before being caught by darkness, select a sheltered spot and prepare camp, shelter and firewood. Stay in this camp all night.
2. If you are injured and alone, keep calm. Stay where you are, clear an area down to mineral soil and build a signal fire. Green boughs will create heavy smoke. Usually someone will find you.
3. Three signals of any kind, either audible or visible, is the nationwide S O S call. Examples are three blasts from a whistle, three shots from a gun, three regulated puffs of smoke or three flashes from a mirror or flashlight. Repeat at regular intervals. If it is recognized by a searching party, it will be answered by two signals. Use it only when in need of help.
4. Notify the county sheriff's office or the Forest Service if a member of your party is believed to be lost or in trouble and you cannot find or assist him. Forest Service officers cooperate with the county officials in rescue work.

1. Leave a clean camp. Burn as much of your garbage, especially fish heads and cleanings, as you can. Place the rest in garbage cans or pits. If no cans or pits are provided where you camp, bury all garbage and refuse. Don't scatter straw.
2. Keep water supplies unpolluted. Dispose of refuse properly. Wash clothing away from springs, streams and lakes.
3. Preserve forest signs. They are posted for your information.
4. Observe State fish and game laws.
5. Cooperate with forest officers.
6. Do not cut green timber for firewood and tent stakes.
7. Do not pick or dig wildflowers, ferns or shrubs without permission from a forest officer.
8. Firearms shall not be discharged within one mile of the campground.

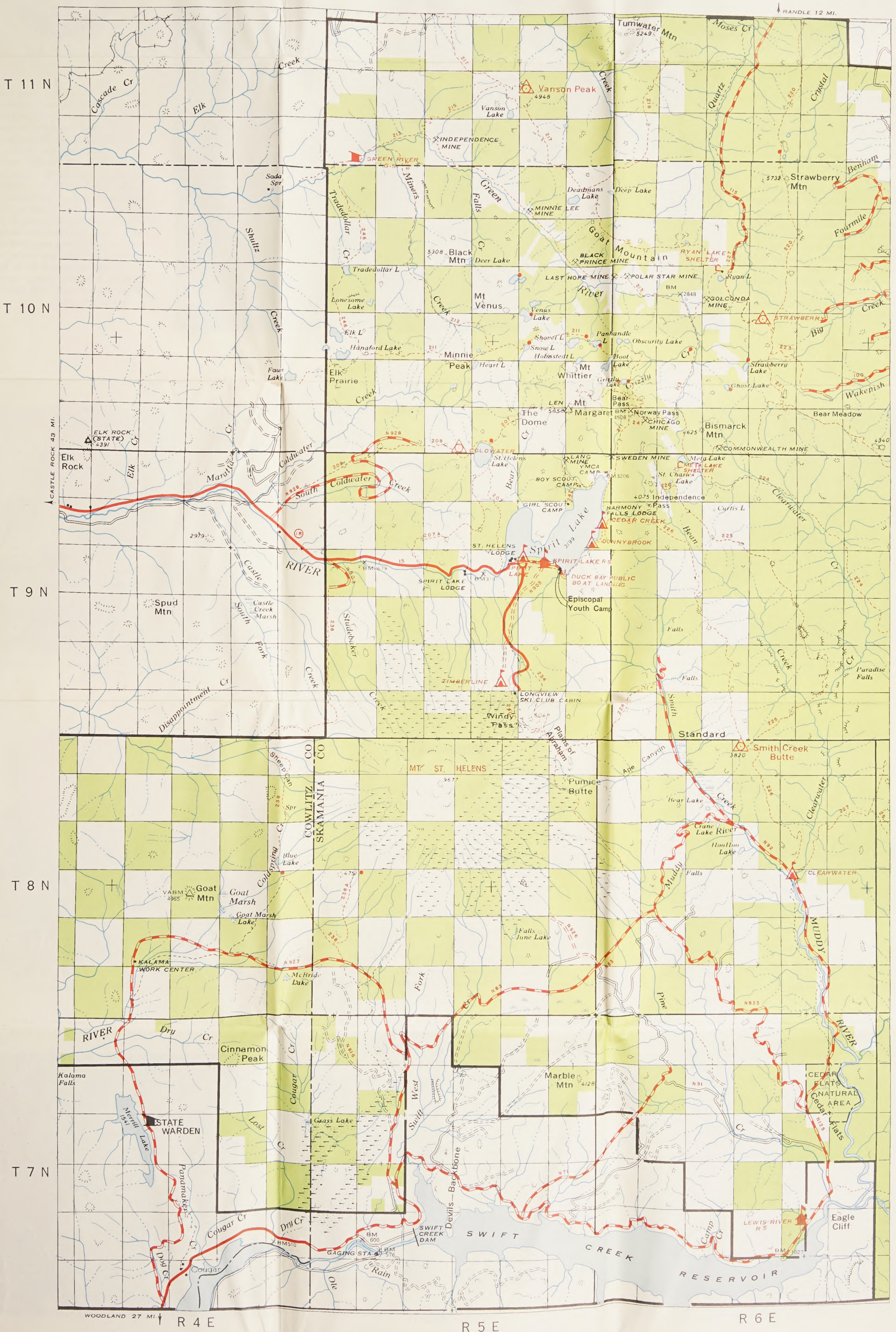
Further information relating to routes, trails and points of interest may be obtained from these forest offices:

Gifford Pinchot National Forest — Vancouver

Spirit Lake Ranger Station

Summer Headquarters — Spirit Lake  
Winter Headquarters — Kelso

# STOP! to smoke

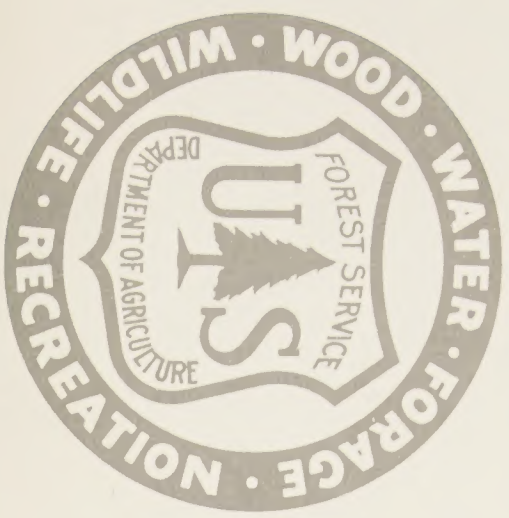








# The National Forests -- America's Playgrounds

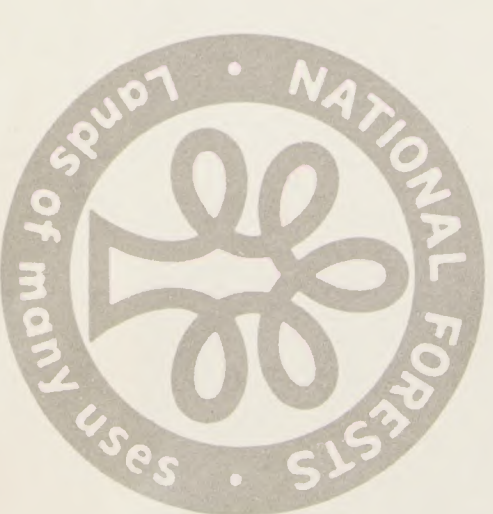


Spirit Lake received its name from the legends of the Indians who once inhabited this mountain land. The Indian's superstitions caused him to live in fear of certain portions of the land around him. Spirit Lake was such a place. Indian legends tell of demons called the Seatco, who lived in and around the lake. The Seatco were the spirits of departed Indian chiefs displeased because the Indians had let the white man take over the country. As punishment the Seatco would not allow the Indians to hunt, fish or gather berries around Spirit Lake and Mt. St. Helens. The Indian legends tell of warriors and maidens being seized and taken to the bottom of the lake. No Indian could be persuaded to venture near Spirit Lake. These legends resulted in this lake being called Spirit Lake.



Herb Nelson

Still summer nights often produce mountain glow.



Spirit Lake was once a deep forested valley. Through the years, violent eruptions of Mt. St. Helens and the resulting lava and pumice deposits blocked the valley and formed the 790-acre body of water. A recent survey by the U. S. Fish and Wildlife Service revealed that Spirit Lake has a relatively flat bottom with a maximum depth of 175 feet. Around this lovely lake is evidence of the action that created it. Pumice, a rock so light it floats, was deposited in among the living forest. The covered trees died and gradually decayed, leaving deep holes known as tree wells. Snow and glacial water from the high elevation of Mt. St. Helens gradually seep down through layers of pumice and eventually feed Spirit Lake with crystal clear water.





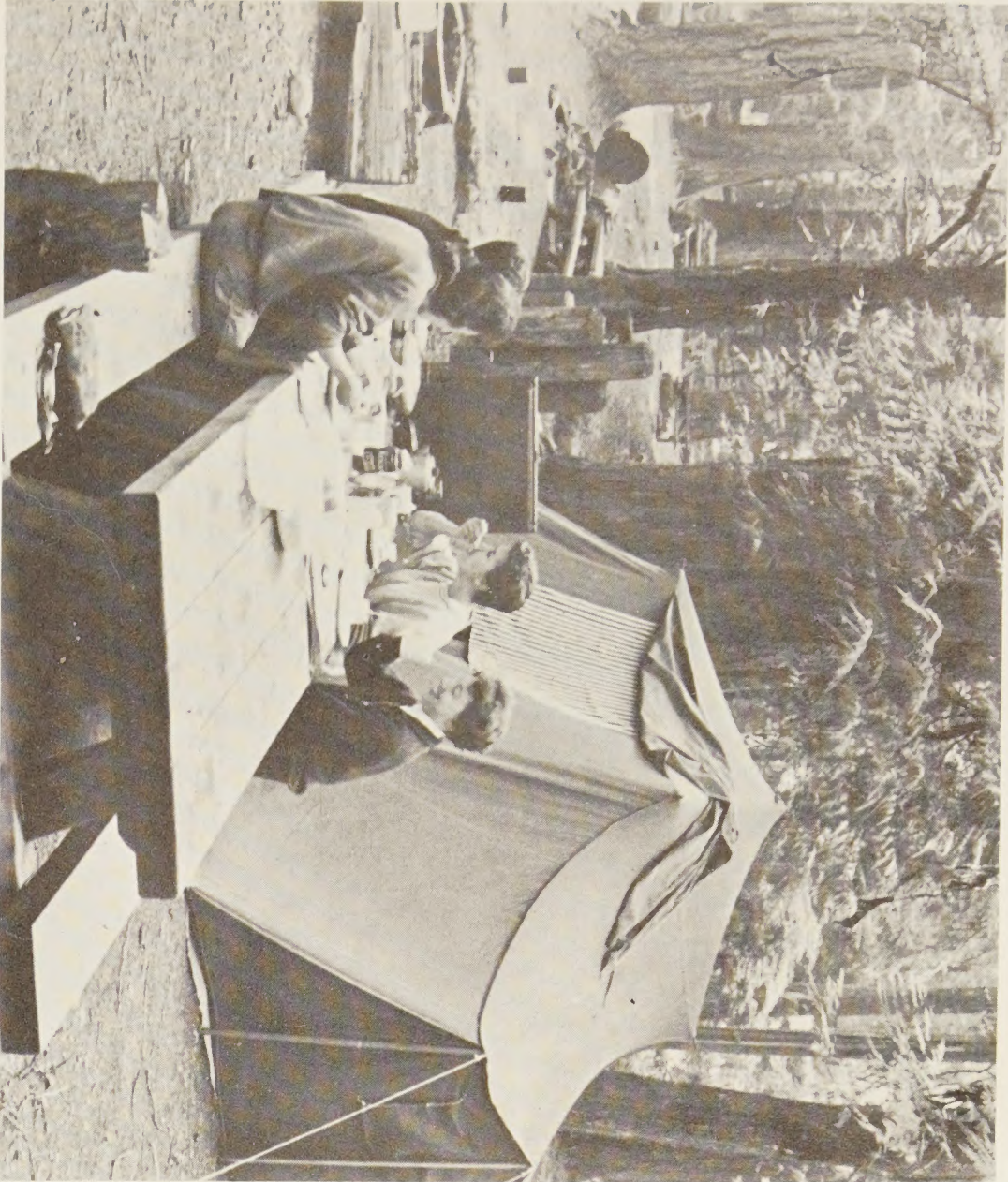


# WHAT TO DO AND WHERE TO GO

## Camping, Picnicking and Boating

Along the forested shores of Spirit Lake are three camp and picnic grounds. One of these, the Spirit Lake Campground consisting of 120 family units, offers opportunities for auto and trailer camping as well as picnicking. Two smaller campgrounds, Donnybrook and Cedar Creek, are located on the east shore of the lake. These camps are only accessible by water or trail. Visitors should bring warm bedding because the nights are cool.

From the public boat launching ramp in Duck Bay, the wide expanses of Spirit Lake are available for varied boating activities.



The forests provide areas for camping and picnicking, food and homes for wildlife, domestic stock and supply of innumerable wood products.

## Mountain Climbing

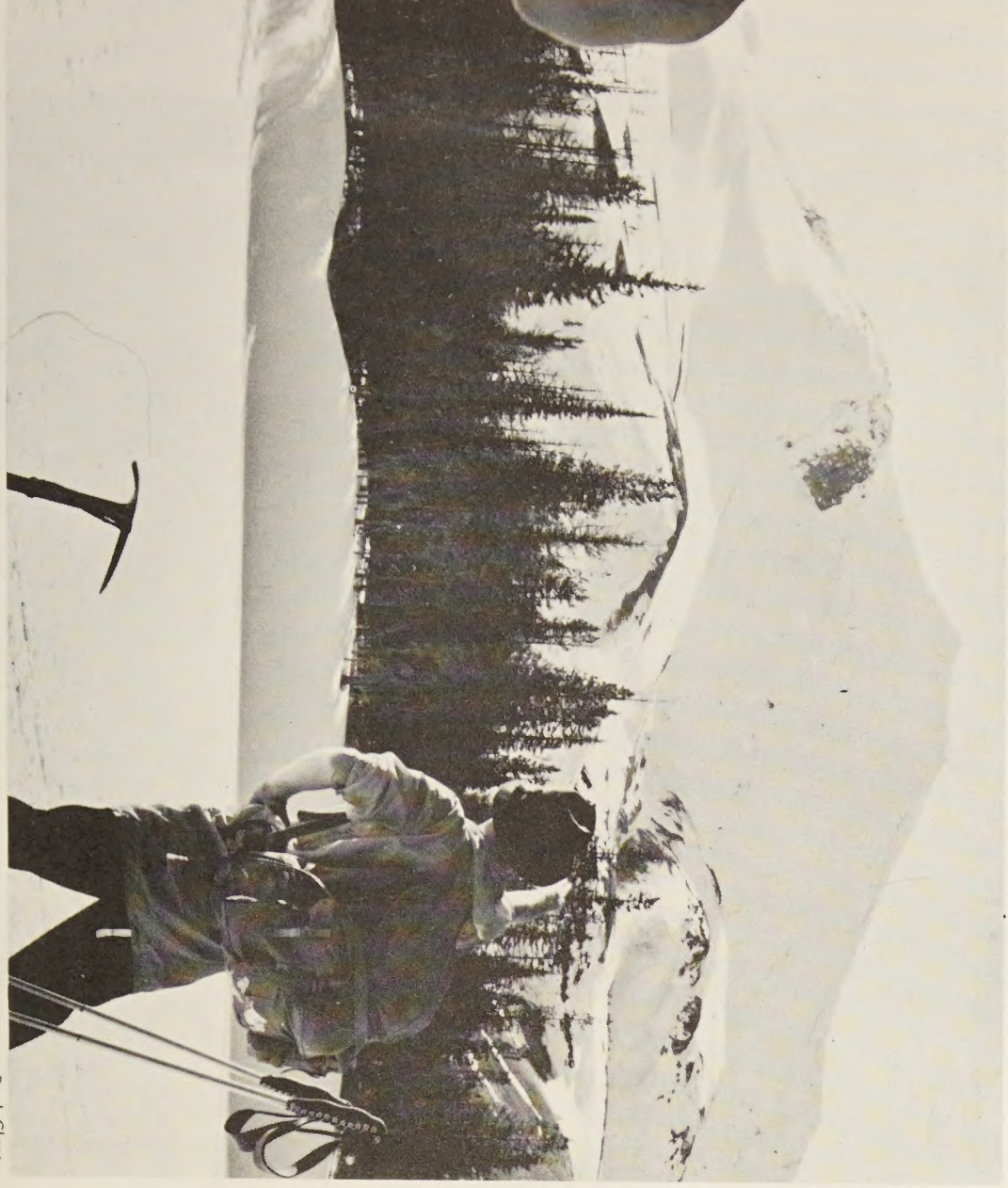
Each summer hundreds successfully reach the summit of Mt. St. Helens, a towering volcanic peak. This serene snow-mantled cone looks quite harmless, but sudden changes in weather or careless climbing techniques may result in tragedy.

### REMEMBER

1. NEVER CLIMB ALONE.
2. ALWAYS GO WITH COMPETENT LEADERS..
3. CARRY ADEQUATE CLOTHING, FOOD, AND EQUIPMENT.
4. FOR SAFETY AND ENJOYMENT YOU MUST BE IN GOOD PHYSICAL CONDITION.
5. REGISTER AT THE RANGER STATION BEFORE CLIMBING, AND CHECK OUT ON RETURN.

## High Mountain Lakes

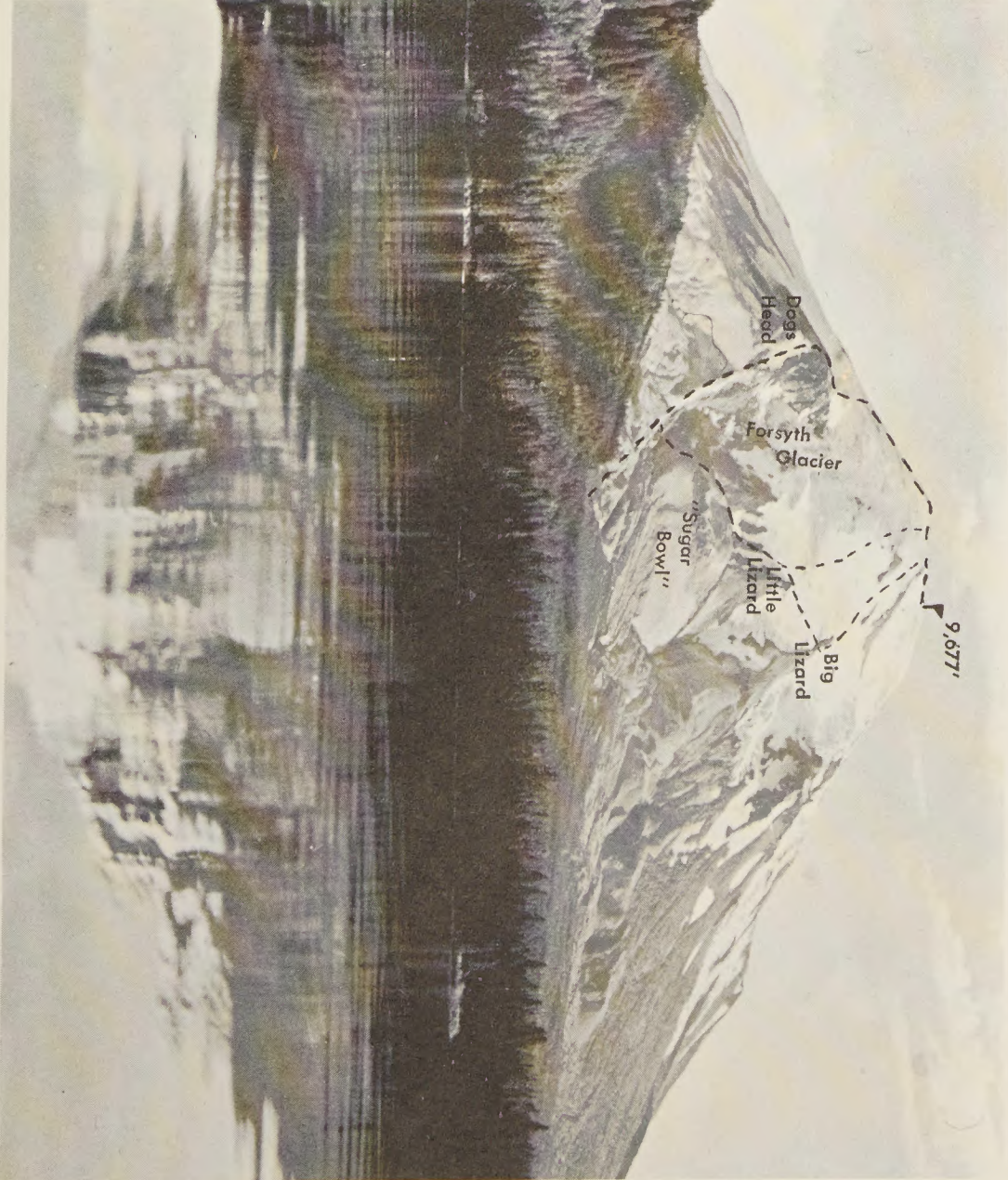
Are you interested in flower-studded alpine meadows and turquoise-tinted lakes just a few moments removed from the busy world of industrial and urbanized living? Just north of Spirit Lake is located such a land. The Mt. Margaret or Spirit Lake trails lead you into this mountain country. You are on your own; spend a few days.



Graceful Mt. St. Helens attracts people from all corners of the nation.



Water for outdoor recreation, domestic and industrial uses, irrigation and hydroelectric projects.



Summit ascent routes for the experienced mountaineer.







## Youth Camps

Spirit Lake provides a memorable summer experience for numerous youth groups. The Boy Scouts, Girl Scouts, YMCA, and Episcopal Church Young People have camps along its shores. Most of these organization sites are situated on National Forest land and are made available under the terms of special use permits.

## Hunting and Fishing

The hunter, fisherman or photographer may expect reasonable success in this mountain land. Fishing, though often good, may at times be somewhat disappointing. The temperature of the water and the availability of natural foods are often the deciding factors. The lovely lakes north of Spirit Lake have been stocked with rainbow and eastern brook trout by the Washington State Department of Game. Many kinds of wildlife inhabit this region: black-tailed deer, Roosevelt elk, black bear, grouse, ptarmigan, and numerous others. Both the hunter and the photographer may find their efforts rewarding.

## Winter Sports

Snow depths of Spirit Lake may reach fifteen feet. Snow-laden storms are quite frequent. Since the Spirit Lake Highway is maintained throughout the winter, there is ample opportunity for snowplay, snowshoeing, and ski touring. Skiers often tour to timberline for excellent alpine skiing.



The loser is splashed after a canoe race — Spirit Lake Boy Scout Camp.



Robert Quoidboch

Skier airborne — Mt. St. Helens, Timberline.



These Roosevelt elk are enjoyed by many people — hunters, photographers and just you.



During August, juicy huckleberries tempt all.



Winter snow means summer water for parched valleys.



# 3 GIFFORD PINCHOT NATIONAL FOREST

## *Recreation Guide*

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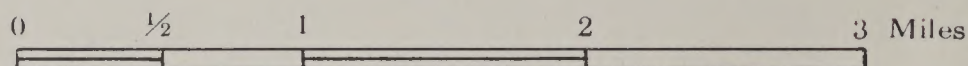
## *Spirit Lake & Mt. St. Helens*

U. S. FOREST SERVICE

REGION 6

1963

Scale



## LEGEND

-  NATIONAL FOREST BOUNDARY
-  NATIONAL FOREST LAND
-  PRIMARY RECREATION TRAILS
-  PAVED ROAD
-  GRAVEL ROAD
-  DIRT ROAD
-  PRIMITIVE ROAD
-  DISTRICT RANGER STATION
-  GUARD STATION
-  LOOKOUT STATION
-  IMPROVED RECREATION AREA
-  UNIMPROVED CAMP SPOT
-  TRAIL SHELTER